

News For All Seasons

APPRISE: Greetings to all from the APPRISE staff. We hope that everyone is staying safe during these winter months, making sure to keep warm and taking care when walking outdoors. After all, it is northeast PA! I have a few notes to report regarding Medicare Advantage Plans.

While we have completed the Annual Enrollment Period for changing drug plans and Advantage plans (ended Dec 7th), you still have another chance to change Advantage Plans - and a longer time frame to do it. It now runs from Jan 1st to March 31st. You must be enrolled in an Advantage Plan in order to switch to another Advantage company or switch back to original Medicare and pick a “stand alone” drug plan. Frequently, consumers are attracted to Advantage Plans by low or \$0 premiums, vision and dental coverage, and free gym memberships, but more importantly, are your doctors in the network? Do they participate? What are the copays? There are copays for every service that you receive. In addition, for most of the plans, there is a \$6700 out-of-pocket requirement before you are covered at 100%. You may have to prioritize choices. Your primary doctor may participate but a specialist that you see frequently may not be in the network. Consider your hospital preferences and also the drug costs associated with the plan.

Pictured: Lisa and Bob Dorn,
AARP Tax Prep volunteers



If you are contemplating going back to original Medicare, remember that Medicare covers 80%. You are also responsible for a PART A + PART B deductible. Supplement plans are available to fill these gaps, but if you are not “New to Medicare” or do not meet any “special enrollment” criteria, you will be asked health questions and this can result in a denial for gap coverage. You can compare Advantage Plans at the Medicare website, viewing details on copays and drug costs or call us at the Aging Office for assistance. Lu is available at the Hawley Senior center.

****I continually encourage consumers to check their plans during the Annual Enrollment Period. Changing plans may be unnerving for many people because the process is complicated, but I always say that in most cases, you will not be rewarded for staying in the same plan – costs generally go up and coverage changes. . . . Pat Perkins**

March



*May your
cottage
roof be well
THATCHED
and those
inside be well
MATCHED*
- Irish blessing

3/1/19
Italian Meatball Submarine,
dusted with Parmesan cheese/
Side dish of marinara sauce
Italian Green Beans
Spring Salad
Cucumber Slices
Shredded Carrots
Low Fat Salad Dressing
HB: Perky Peas
Mandarin Orange Slices

3/4/19
Italian Wedding Soup
WG Deep Dish Pizza,
in house only, plain or
mushroom
Spring Mix
Shredded carrots
Cherry Tomatoes
Low fat dressing
HB: Sautéed spinach
in garlic and olive oil
Pineapple Chunks

3/5/19
MARDI GRAS
Shrimp and Chicken
Jambalaya
Carnival Brown Rice
and Black Beans
Masquerade Roasted
Carrots
Party Plantains
"Beignets" served w/an
apricot marmalade jam



3/6/19
WG Macaroni and
Cheese Casserole
Stewed Tomatoes
Roasted Asparagus
Gigglin Grapes
HB: Chunky Fruit
Cocktail



3/7/19
**Open Face Hot
Turkey Sandwich on
WG Bread
Fluffy Whipped
Potatoes
Roasted Broccoli
Baked apples, topped
with cinnamon and
raisins**

3/8/19
Vegetarian Vegetable Soup
WG Goldfish Crackers
Egg Salad stuffed WG Pita
Pocket
Romaine Lettuce Bed
Vine ripened tomato slices
HB: Scrambled Eggs
Home Fried Potatoes
Capri Veggies
WG Pancakes with Buttery
Maple Syrup
Melon slice
HB: Orange Juice

3/11/19
Minestrone soup
California burger on
WG Pretzel Roll
Bed of Romaine
Lettuce
Red Onion Slice
Avocado Half
HB: Guacamole
dollop
HB: Blistery Beets
Broccoli Salad
Chilled pears

3/12/19
Chicken parmesan with
a side of WG Pasta
Side of marinara sauce
Spring Mix
Shredded Carrots
Cucumber Slices
Low fat dressing
HB: Green Beans
Almandine
Adoring Apricots

3/13/19
Sweet and sour pork
Cantonese
Farro
Grilled Asparagus
Chinese stir fry
veggies
Pineapple chunks

3/14/29 **St. Patty's
Day Celebration**
Gaelic Ham
Colcannon (traditional
Irish side dish made w/
cabbage & mashed
roosters)
Dilled Green Beans
Scones
Shamrockin applesauce
Chocolate Mint Cream
Pie



3/15/19
Potato Encrusted Pollock
Whipped Sweet Potatoes
Sweet Corn
WG Roll w/Butter
Gigglin Grapes
HB: Fruit
cocktail

3/18/19
Creamy tomato
soup with fresh basil
Warm turkey &
cheese on a wg
croissant
Broccoli Salad
HB: Roasted
Broccoli
HB: Luscious lima
beans
Chilled Pears

3/19/19
Beef Burgundy with
WG Noodles
Roasted Brussel
Sprouts
Roasted Red Beets
Beaming Bananas
HB: Chunky fruit
cocktail



3/20/19
Turkey Cutlet with
a honey mustard
Sauce
Scalloped Potatoes
Garden Sweet Peas
Blueberry Whole
Grain Muffin
Adoring Apricots

3/21/19
Chunky Beef Stew
Side order of
Sautéed spinach in
garlic and olive oil
WG Roll with Butter
Melon Slice
HB: Chilled peach
chunks

3/22/19
Vegetarian Lasagna
Spring Mix
Shredded Carrots
Cucumber slices (rind on)
Low fat dressing
HB: Grilled asparagus
Side of vanilla yogurt
Beaming bananas
HB: Strawberry
/Pineapple Cup



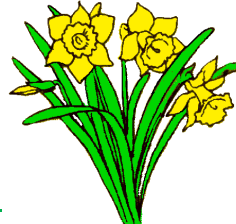
3/25/19
Sloppy Joe on a WG
Pretzel Roll
Home fried potatoes
Dilled green beans
Fresh pears
HB: Chilled pears

3/26/19
**Pork Chops
w/natural juices
Smashed sweet
potatoes
Roasted cauliflower
WG Roll with Butter
Adoring apricots**



3/27/19
Roast Turkey/Gravy
Corn bread stuffing
Garden Sweet Peas
Wild wax beans
Chilled cranberry
Sauce
Gigglin green
grapes
HB: Chilled
peaches

3/28/19
Ham & Potato
Casserole
Blistery Beets
Carrot salad
WG Roll with butter
Baked apples



3/30/19
Creamy tomato soup/basil
Broccoli and cheese quiche
Side of marinated garbanzo
beans
Spring Salad
Shredded carrots
Cucumber slices (rind on)
Low fat salad dressing
HB: Whipped pumpkin/buttery
maple syrup & pumpkin seeds
Melon Wedge
HB: Chilled fruit cocktail

NORTHERN WAYNE CENTER

THURSDAY

**MARCH 7 &
MARCH 21**



March Weather

Mon

Tues

Wed

Thurs



EVERYDAY AT THE HAMLIN CENTER

Monday

Cards & Games
8:00-12 Pinochle
10:00 Chair yoga

Tuesday

Cards & Games
10:30 Tai Chi
1:00 Bingo

Wednesday

Cards & Games
10:00 Exercise
7 pm-9 pm Square
Dancing

Thursday

Cards & Games
10:00 Exercise
1:00 Zumba Gold

Friday

Cards & Games
10:00 Bingo
1:00 Hamlin Jingers
Choral Group Practice



EVERYDAY AT THE HONESDALE CENTER



CAREGIVER'S SUPPORT GROUP – WEDNESDAY, MARCH 13 – 1:30 pm

Monday

10:30 Bridge
1:00 Crafts
12-2 Advanced Class
Line Dancing
2-4 Beginning / In-
termediate Line
Dancing

Tuesday

10:30 Exercise
1:00–4:00 Pinochle

Wednesday

10:30 Exercise
11:00 Tai Chi
1:00 Art Class
1:00 Bingo
1:00 Mah Jong
1:30-2:30 Jazz Class

Thursday

10:00 Games
1:00 Cards

Friday

10:30 Exercise
1-2:30 Shuffleboard
1:00 Pool
1-2:30 Rummikub
1-3 Memoir Writing
Group (1st & 3rd)



EVERYDAY AT THE HAWLEY CENTER

Monday

8-3 Cards & Games
8-3 Gym Equipment
10:30 – 11:30 Exer-
cise
11:30 - 3 Mah Jong

Tuesday

8-3 Cards &
Games
8-3 Gym
Equipment
10-12 Crafts
11:00 Sing-A-
Long
with Jim
1 - 2 Bingo

Wednesday

8-3 Cards & Games
8-3 Gym Equipment
10-12 Crafts
10:30 – 11:30 Exercise
10-1:30 Ceramics
Class
1-2 Tai Chi
5:30 – 8:30 Mah Jong

Thursday

8-3 Cards &
Games
8-3 Gym Equip-
ment
1:00 Bingo
11 – 2:30 Card
Club
11:00 Sing-A-Long
with Jim

Friday

8-3 Cards & Games
8-3 Gym Equipment
10:30 – 11:30 Exercise



NEED HELP ?



FOOD



SHELTER



PAY BILLS



GET CARE



TAX HELP

DIAL 2-1-1

GET CONNECTED GET ANSWERS

YOU CAN NOW TEXT OUR CASE WORKERS BY TEXTING YOUR ZIP CODE
TO HELP LINE AT TXT211. AVAILABLE 24/7.



- TRAINED COMMUNITY REFERRAL SPECIALISTS
- FREE SERVICE
- CONFIDENTIAL
- CRISIS SERVICE



NEPA211.ORG
POWERED BY UNITED WAY



DO YOU HAVE MEDICARE OR KNOW SOMEONE ELSE WHO DOES?

Do you have questions about your coverage or current plan? Do you want to know if you are eligible to save money on your prescription drug costs and/or your Part B premium? Are you currently in the donut hole and need assistance? The APPRISE PROGRAM can help!

What is APPRISE?

APPRISE is a free health insurance counseling program designed to help all Pennsylvanians with Medicare.

APPRISE counselors are specially trained staff and volunteers who can answer your questions and provide you with objective, easy-to-understand information.

You may qualify for financial assistance programs!

APPRISE wants to make sure you and others who have Medicare know about the Extra Help and Medicare Savings Programs.

Extra Help

Can help lower your prescription drug co-payments and premiums, and cover the cost of the coverage gap!

You may qualify if:

- If you are single and have total monthly income of less than \$1,518/month; and less than \$14,100 in resources
- If you are married and have a total monthly income of less than \$2,058/month; and less than \$28,150 in resources

*There are certain deductions taken for Extra Help. You may qualify even if you are above these limits.

Medicare Savings Program

Can help you with the payment of your Part B premium!

You may qualify if:

- If you are single and have a total monthly income of less than \$1,366/month; and less than \$7,560 in resources
- If you are married and have a total monthly income of less than \$1,852/month; and less than \$11,340 in resources

*Medicare Savings Programs can possibly help with the payment of your Medicare Part A and Part B cost-sharing. There are certain deductions taken for Medicare Savings Programs. You may qualify even if you are above these limits.

How can the APPRISE Program help you?

APPRISE can help with:

- Medicare
- Medicare Prescription Drug Plans (Part D)
- Medicare Advantage Plans
- Medicare Supplement Insurance (Medigap)
- Plan Comparison
- Medicaid
- Screening and applying for financial assistance programs
- Medicare Appeals
- Long-Term Care Insurance

Call today to get connected to the APPRISE Program in your area.

1-800-783-7067

APPRISE is a free service provided by the PA Department of Aging, and is funded in whole or part by a grant through the Administration for Community Living.



HR Initiative
Version 03/2018

Alzheimer's Association Spring Education Conference

Mohegan Sun Conference Center
1258 PA-315, Wilkes-Barre PA, 18702
Thursday, May 30, 2019
8:00 am — 4:15 pm

Dementia Friendly Communities—Working Together!

Featured Content

Keynote: Stacie Bonenberger/Annelise Perry
(Dementia Friendly Pittsburgh)

Executive Director Alzheimer's Association GPA—Clay Jacobs

PA Council on the Arts and the Everhart Museum
Family Caregiver, Community Engagement Panel, NEPA Moves

Early Bird Discount! Register by March 1 for \$80

Fees:

\$100 Professional seeking CEU (RN, NHA, PCHA, SW)*
*\$20 additional for SW if non-member of NASW
\$70 Health Care Partner (no early bird discount offered)
\$50 Support Group Facilitator (includes CEU fee)
\$30 Family Caregiver

Register through Helpline:

1-800-272-3900

More Info:

jdauber@alz.org
570-822-9915

alzheimer's  association®

Caregivers Support Group



The Caregivers
Support Group,

sponsored by the Wayne County Area Agency on Aging, meets on the second Wednesday of the month at the Earl J. Simons Senior Center at 323 Tenth St. in Honesdale from 1:30 to 3 pm.

This fall, a new facilitator took over the running of the group, organizing and leading the discussions. The Support Group provides an understanding ear, knowledgeable advice, helpful information and compassionate counseling.

The once-a-month meeting also provides caregivers a chance to interact with people who are experiencing a similar situation and have similar needs and concerns.

There is no requirement to sign up for the sessions, just show up Wednesday, March 13, at 1:30 pm.



WE CAN
BE CENSUS TAKERS

APPLY ONLINE!
2020census.gov/jobs

2020 Census Jobs provide:

- ✓ Great pay
- ✓ Flexible hours
- ✓ Weekly pay
- ✓ Paid training

For more information or help applying, please call
1-855-JOB-2020

Federal Relay Service:
1-800-877-8339 TTY/ASCI
www.gsa.gov/fedrelay

The U.S. Census Bureau is an Equal Opportunity Employer.

United States
**Census
2020**



Elder Justice Day

Speakers on topics
such as Scams

Door Prizes

FREE!

Vendor Tables

Complimentary Lunch
& Transportation

Please join us at:

Ladore's P.A.R.C. Building

Owego Tpk

9am-1pm

Always Report
Elder Abuse

1-800-490-8505

RSVP: 570-253-4262
Wayne County Area Agency on Aging

May 8, 2019

Contact Elizabeth at 570-253-1220 or
ewilson@waynelibraries.org to register

Wayne County
**WC
PL**
Public Library
1406 Main Street
Honesdale, PA 18431
570-253-1220
www.waynelibraries.org
Connecting our community

PA **FORWARD**

PENNSYLVANIA
LIBRARIES

**Identity Theft:
Learn How to Protect Yourself
Wednesday, March 6
4:00—5:00**

Lorenzo Cascia of Wells Fargo Bank will provide information and resources to help protect against fraud

**Trivia Night
Thursday, March 14
5:30—7:30**

Get rid of those winter blues with a night of trivia competition. Gather a team of 4 to 6 adults and compete for prizes and a fun time

Project Linus



The Blanketeers return **Friday, March 22, 2019 from 4:00 to 5:45!** The Blanketeers make blankets for children in the area. No sewing skills are needed. Teens and adults are welcome. Blankets go to local shelter, VIP, and Wayne Memorial Hospital.

Ongoing dates will be Friday, April 19
from 4:00 to 5:45

Friday, May 17 from 4:00 to 5:45

Contact Danielle at 570-253-1220 or
dbrussell@waynelibraries.org to register

MARCH Ala Carte Menu

In Like a Lion

Out Like a Lamb



4) Soup of the day

Chicken & gravy
over biscuit

5) Rueben sandwich

6) Soup of the day
Turkey & cheese w/
lettuce & tomato
sandwich

7) Stromboli

1) Soup of the day

BLT sandwich

8) Soup of the day

Turkey BLT salad

11) Soup of the day
Taco Salad

12) Soup of the day
Mac N Cheese

13) Soup of the day
Breakfast sandwich

14) Italian hoagie

15) Soup of the day
Bacon cheeseburger
with
chips

18) Soup of the day
Soft taco

**19) Turkey, bacon-
ranch wrap**

20) Soup of the day
Egg salad on a roll

21) Soup of the day
Grilled Chicken
cranberry salad

22)
Pizza
roll

25) Soup of the day
Italian salad

26) Tomato soup
Grilled cheese

27) Soup of the day
Spaghetti & meat-
balls with garlic
bread

28) Soup of the day
BLT wrap

Hot dogs
**available up-
on request**

The Telecommunication Device Distribution Program (TDDP) provides free phones for people in Pennsylvania who have difficulty using traditional home phones. There are phones for hard of hearing, poor memory, low vision, physical impairments, etc.


For more information, contact Heather Taber by phone at 570-347-3357 or by email at atrc@ucpnepa.org



NORTHERN WAYNE NEWS

Our next meeting will be March 7. A speaker from Camp Ladore will attend and discuss their scholarship program and upcoming events. Additionally, Christopher Noreika will give a talk on the 2020 U.S. Census employment opportunities.

The lunch menu is turkey on wheat bread, tossed salad and fruit cocktail for dessert. Please call Marie at 570-253-5540 for reservations.






RSVP of Pike, Wayne & Berks Counties*

Volunteer Opportunities

Wayne County Area Agency on Aging
Home-Delivered Meal Drivers, Senior Center Kitchen Help
APPRISE - Medicare Counselors, Clerical Support
Adult Day - Care Companion
American Red Cross
Blood Donor Ambassador, Pillowcase Project, Recruitment
Serving Seniors, Inc. - Ombudsman
RSVP - Volunteer Recruitment Support

**For more information on these or other opportunities,
please call Dawn Houghtaling, RSVP Coordinator at
570-390-4540 or email houghtalingd@diakon.org**

*RSVP is funded by the Corporation for National
and Community Service and managed by
Diakon Community Services.





SCIENCE SAYS HAPPIER PEOPLE HAVE THESE NINE THINGS IN COMMON

Submitted by: Becky Klepadlo

1. Relationships are essential. A major study followed hundreds of men for more than 70 years, and found the happiest (and healthiest) were those who cultivated strong relationships with people they trusted to support them. *Source: The Harvard Study of Adult Development*
2. Time beats money. A number of studies have shown that happier people prefer to have more time in their lives than more money. Even trying to approach life from that mindset seems to make people more content. *Source: Business Insider*
3. But it helps to have enough money to pay the bills. People's well-being rises along with income levels up to an annual salary of about \$75,000, studies have found. (That number probably varies depending on your cost of living, however.) *Source: Proceedings of the National Academy of Sciences*
4. It's worth stopping to smell the roses. People who slow down to reflect on good things in their lives report being more satisfied. *Source: Journal of Personality and Social Psychology*
5. Acts of kindness boost the mood. Give your friends a ride to the airport or spend an afternoon volunteering. Some research has shown that people who perform such acts report being happier. *Source: Review of General Psychology*
6. Breaking a sweat is about more than burning calories. Studies show that increased levels of physical activity are connected to higher levels of happiness. Exercise tends to help mitigate the symptoms of some mental illnesses as well. *Sources: American Psychological Association, BMC Public Health*
7. Fun is more valuable than material items. People tend to be happier if they spend their money on experiences instead of things. Researchers have also found that buying things that allow you to have experiences — like rock climbing shoes or a new book to read — can also increase happiness. *Sources: Psychological Science, Journal of Consumer Psychology*
8. It helps to stay in the present in the moment. Several studies have found that people who practice mindfulness meditation experience greater well-being. *Sources: Journal of Clinical Psychology, Journal of Personality and Social Psychology*
9. Time with friends is time well spent. Interactions with casual friends can make people happier, and close friendships — especially with happy people — can have a powerful effect on your own happiness as well. *Source: Social Psychology Bulletin*

HONESDALE NEWS

Valentine's Party Recap – February 14

Such a great turnout for our Valentine's Day party. Randy Light and Chip Forelli of the duo Lighten Up sang, played, and shared many instruments-- seniors enjoyed the opportunity to be part of the band. Guests enjoyed sweet treats and some were lucky to receive door prizes. Many thanks to the musicians for the wonderful, collaborative performance.

March 5—Mardi Gras/Fat Tuesday Party

Let the good times roll! Join us for some Fat Tuesday fun. A traditional N'awlins style meal is on the menu. Call Kathy at 570-253-5540 to make a reservation.

March 6 - Census Employment Information

Christopher Noreika will give a talk on the 2020 U.S. Census employment opportunities at 11:00 AM.

March 13—Camp Ladore Speaker

A speaker from Camp Ladore will discuss their scholarship program & upcoming events - 11:00 AM

March 15—St. Patrick's Day Party

St. Patrick's Day falls on a weekend this year so we'll celebrate all things green a bit early. Call Kathy at 570-253-5540 to make a reservation.

March 25 – Craft Group Meets

Please call Suzanne at 570-253-5540 if you plan to attend. No cost to attend or for supplies.



**Valentine's
Day with the
Lighten Up
Duo**



Birthdays—

The first
Friday of
every month
is Birthday
Friday—come
celebrate
during your
birth month!



HAMLIN CENTER MARCH SPECIAL EVENTS

Chair Yoga – Wednesdays, March 6, 13, & 27 at 10 AM

Healthy Steps Exercise – Wednesdays & Thursday at 10 AM

TAI CHI – Tuesdays, March 5, 12, 19, 26 at 10:30 AM

Zumba gold – In Multi Purpose Room Thursdays at 1 PM

Mahjong – Thursdays in Side Room at 12:30 PM

Hamlin Jingers – Fridays at 1PM excluding March 29

Mardi Gras Party- March 5 – Mardi Gras games. Dress in Turquoise, Purple and Gold. Wear a mask or hat! Better yet a costume!

Camp Ladore – March 12 - Barbara providing a Recreation In-Service at 11 AM

ST. PATRICK'S PARTY – March 14 - Wear your Green. Come with an Irish song or joke!!

Randy Light will be entertaining with some Irish tunes. Come do a jig and enjoy surprising delicious green food!

MaryAnn's Art Corner – March 19th at 10 AM . You bring a bottle, we'll bring the twine and together a new art creation twill we find!

Birthday Bash – March 22 following lunch.

Movie Matinee – March 22 at 1 PM – “Maleficent” with Angelina Jolie.

Census Job Opportunity - March 26 from 11 AM – 1 PM – Christopher Noreika



Why do ZUMBA gold?

The answer is why not do Zumba gold? This has been the most fun exercise program for me to date! What? You say you cannot dance? Me neither and that is evident as you watch me do the steps wrong repeatedly, BUT that does not matter! This is not for people who want to become performers but wish to get some exercise while having a laugh. This exercise program is a DVD based program and is also facilitated by Kathy Miller who was an aerobic exercise instructor for years and is one of our seniors here in Hamlin. There is no fee to attend and anyone wishing to partake in the fun may join us Thursdays at 1:00 PM! -Becky



HAMLIN FEBRUARY BIRTHDAY BASH

The Hamlin seniors celebrated our February birthdays on Friday, February 8th.

Left to Right is Lois Batzel, Delores Garven, and Jean Dole. Jean Dole turned 91 years young and Jean Kulezca turned 90 but was unable to make it due to illness. She was definitely in our thoughts!





Hallelujah! Spring is around the corner. We had our share of ICE, SNOW, and have I mentioned RAIN. SO much for Chinese New Year. The year of the Pig has moved on. We all enjoyed our Valentines party with new music by Paul Kellogg. We enjoyed chocolate, candy lollypop's and a yummy dinner prepared by our wonderful kitchen staff. Hope everyone had a lovely day. We enjoyed our day off for Presidents Day. The following day we enjoyed music played by our favorite pal Andy Anderson.

Here are our activities for March: Mardi Gras will be held on Tuesday March 5th. Our entertainment that day will be our one and only Organ player Jim Firestine. On Tuesday March 12th Mid Valley Manor will speak on Nursing Home living and end with Ice Cream Sundaes. We're looking forward to St Patty's Day celebration on Thursday March 14th with music also by Jim Firestine. Last but not least on Friday March 22nd we will have Barbara from Ladore to tell us about all the activities and Scholarships they have to offer, starting at 11am.

The entertainer's in the pictures are Paul Kellogg and JR they played for us at our Valentines party. The other picture is Andy Anderson and our organ player Jim Firestine. They played for us on Tuesday the 19th. Thanks everyone for entertaining us here. We appreciate you all.

Our March Birthdays are: Pat McKeel, Bill Bursis, Theresa Cleary, Irene Stark, Danny Soos, Arlene Diehl, Merry Ellen Daniels, Jennie Questore, Shara McAllister, Hank Vreeland, Theresa Nurnberger, Charlotte Bell, Karen Lutz, Pat Stephenson, Marlene Phillips and Gloria Ennis. Happy Birthday to you all.



HAMLIN MARCH BIRTHDAYS

Leslie Dennis - Mar 3	Eleanor Weis - Mar 17
Ruth Angermeir - Mar 4	Marge McKeever - Mar 22
Charlie Gregg - Mar 8	Fran Kurz - Mar 24
Robert Carbaugh - Mar 9	Marilyn Pantiliano - Mar 26
Joan McQuone - Mar 9	Walter Sack - Mar 28
	Peggy Carbaugh - Mar 14



Valentines Party at Hamlin

The Hamlin Seniors looked like a colorful bundle of red roses dressed in Valentines colors, red, white and pink to celebrate the occasion. Andy Anderson sang love songs from years gone by and we all enjoyed all kinds of goodies. Amy and the kitchen staff made a wonderful meal along with the highly anticipated cheese cake with cherry topping. We played a game called "Pop the Question", sharing and affirming our life's romances and then we completed the occasion with a game of Valentines Bingo. It was a busy and fun filled day.

**Mohegan Sun Casino
Wednesday, March 13, 2019
Snow date is Thursday, March 14th
\$22.00 per person**

Price includes: \$25 free slot play, \$5 food voucher, bus transportation, & driver's tip.

Depart the casino at 3:00pm

Sign up with Marie at 253-5540 or Debbie at 570-630-2385

Depart:

Honesdale McDonald's @ 8:00am
Hawley Senior Center @ 8:30am
Hamlin Senior Center @ 9:00am

Return Home:

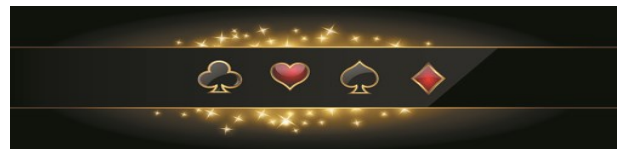
Honesdale @ 5:00pm
Hawley @ 4:30pm
Hamlin @ 4:00pm



*Money needs to be in by Monday, March 4th.

*Make checks payable to: Wayne County Aging.

*Cancellation Policy: Your money refunded only if your seat can be filled. No refunds after March 4th for any reason.



Depart:

Hamlin Center @ 9:15am
Hawley Center @ 9:45am
Honesdale McDonald's @ 10:15am

Arrive Home:

Hamlin @ 5:30pm
Hawley @ 5:00pm
Honesdale @ 4:30pm



**Polish Festival at the Hotel Anthracite
Carbondale, PA Thursday, April 11
\$60.00 per person**

Polka the day away with *The Polka Punch* Band at the newly renovated Hotel Anthracite in Carbondale. Your day includes a family style Polish Luncheon, music and dancing, a Pirogi Tossing contest, transportation, driver's tip and a whole lot of **FUN!!!**

Call Marie at 570-253-5540 or Debbie at 570-630-2385 to reserve your seat on the bus.

*Money needs to be in by Monday, April 1st.

*Make checks payable to: Wayne County Aging

*Cancellation Policy: Money refunded only if your seat can be filled.

After April 1st no refunds for any reason.



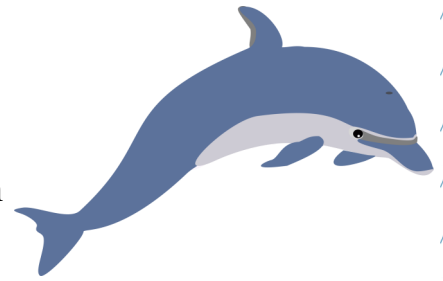
VOLUNTEERS NEEDED FOR THE OMBUDSMAN PROGRAM

IF YOU ARE CONCERNED ABOUT RIGHTS OF NURSING HOME & PERSONAL CARE HOME RESIDENTS & INTERESTED IN MAKING A DIFFERENCE THEN YOU WOULD BE PERFECT FOR THE VOLUNTEER OMBUDSMAN PROGRAM. PLEASE CALL 570-344-7190 OR SEND EMAIL TO LCOMBUDSMAN@EPIX.NET

Come along with me to the beautiful seashore...

Cape May, New Jersey

Featuring a Trolley Tour of the Historic District, Elaine's Dinner Theatre, Dolphin Watch Boat Cruise, Cape May Zoo, Leaming Run Botanical Gardens, Atlantic City, lodging at The Grand Hotel and much more...



4Days – 3 Nights

Monday – Thursday, September 23 – 26, 2019

\$550.00 per person double occupancy

\$760.00 per person single occupancy

Reserve your seat with Marie at 570-253-5540 Or Debbie at 570-630-2385

More detailed information and cancellation insurance available by calling Debbie.

Depart: Honesdale McDonald's at 8:00am,
Hawley Center at 8:30am and Hamlin Center at 9:00am

*Please have a \$350 deposit in by Thursday, June 6th. Balance due by Thursday, July 11th.

Make checks payable to: Wayne County Aging

Cancellation Policy: Money refunded only if your seat can be filled. Trip insurance is available.



The Woodstock Museum at Bethel Woods Center for the Arts & Resorts World Catskills

Wednesday, May 8, 2019 \$35.00 per person



Take a step into our time machine and travel back to "Woodstock and the Sixties." August 2019 will be the 50th anniversary of the famous concert that changed our world. Relive the music, the tie-dye t-shirts and the love.

After our guided tour we will head to the new Resorts World Casino for lunch and gaming. Included in our day: Woodstock guided tour, \$20 slot play, \$10 food voucher, transportation and driver's tip. We leave for home at 5:30pm.

Call Marie at 570-253-5540 or Debbie at 570-630-2385

to reserve your space in the time machine.

*Please have your money in by Wednesday, April 17, 2019.

*Cancellation Policy: Money refunded only if your seat can be filled.

After April 17th money will not be refunded for any reason.

Depart:

Hamlin Center @ 8am

Hawley Center @ 8:30am

Honesdale McDonald's @ 9am

Arrive Home:

Hamlin Center @ 7:30pm

Hawley @ 7pm

Honesdale @ 6:30pm



Wayne County's Information and Referral Program is a FREE and confidential service connecting people to services in Wayne County. 1-866-253-5986 toll free or in the 253 exchange 570-253-5986. Also, contact 211 of Northeast PA 24/7. Text 898211 with your zip code and question. Or on line at: www.pa211ne.org

Honesdale Center Earl J. Simons Center 323 10th Street, Honesdale, PA 18431 570-253-4262/570-253-9115 fax end of 10th St. across from Stone Jail

Hamlin Center Salem Township Building, 15 Township Bld. Rd, Route 590 Hamlin, PA 18427 570-689-3766 // 570-689-5002 fax Route 191 South to Hamlin 4 corners turn right onto 590 West, go 1/2 mile turn right after UPS Sign

Hawley Center Robert J. Drake Senior Community Center 337 Park Place, Bingham Park Hawley, PA 18428 570-226-4209 // 570-226-3422 fax Route 6 to Hawley, past ball field across from Mayor's office, just before bridge, left onto Park St

Northern Wayne satellite @ Northern Wayne Fire Company, 1663 Cross-town Highway, Lakewood, PA 18439 570-798-2335 (fire co) Meetings March -October - 1st & 3rd Thursday; Meetings November-February—1st Thursday only

Waymart satellite @ St. Mary's Rectory at 242 Carbondale Road, Waymart. Meetings 1st & 3rd Thursday. Call Kimber Best 570-766-1916.

Transportation 323 10th Street, Honesdale, PA 18431; 8:00 am-4:00 pm www.waynecountypa.gov go to "human services" click on "transportation" 570-253-4280; out of 253 exchange 1-800-662-0780

Wayne County Veterans Affairs Representative: 314 10th Street, Honesdale: Walk-In Fridays or for appointment call 570-253-5970, ext 3114

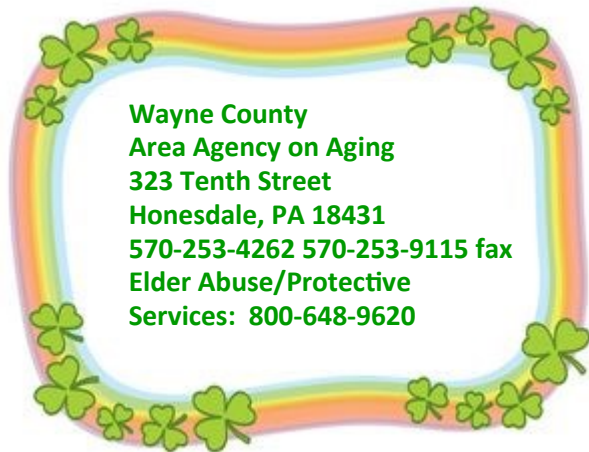
Production Coordinator: Kathy Robbins

Menu Coordinator: Joanne Pesota

Editor: Kathleen Chicowski kchicowski@waynecountypa.gov



The Wayne County Adult Day Service is open Monday – Friday. To contact the center please call: 570-390-7388 in Hawley; fax 570-390-4564



**Wayne County
Area Agency on Aging
323 Tenth Street
Honesdale, PA 18431
570-253-4262 570-253-9115 fax
Elder Abuse/Protective
Services: 800-648-9620**

May you always have...

Walls for the wind

A roof for the rain

Tea beside the fire

Laughter to cheer you

Those you love near you

And all your heart might
desire

Irish Blessing

